

SKILL APPRAISAL AND APPLICATION
U.S. JOINT FORCES MILITARY SKILLS TRAINING CENTER
 Leader Development & Advanced Military Skills Training
 U.S. CIOR Military Competitions, Fort Sam Houston, Texas
www.uscior.army.mil

CERTIFIED OFFICIAL STATEMENT

I understand that I am responsible for the eligibility and performance data entered on this application which will be used to consider providing me funded military orders to participate. I certify that I performed as recorded on the dates indicated. This application is not a projection of what I think I will be able to do by the beginning of the training assembly, nor is it a record of personal bests from my past. I understand that a notable discrepancy between my performances recorded on this application and those demonstrated upon arriving at the Training Center will result in my Commander being notified, my orders being revoked, and my being immediately dismissed from the training. Privacy Act Advisory Statement provided on Page 7, Para 22, of application.

<div style="border-bottom: 1px solid black; margin-bottom: 5px;"></div> First Name MI Last Name	<div style="border-bottom: 1px solid black; margin-bottom: 5px;"></div> Signature	<div style="border-bottom: 1px solid black; margin-bottom: 5px;"></div> Date
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NOTE: Type or print information legibly.

1. PERSONAL INFORMATION

Sex:	DOB (yyymmdd):	Ht:	Wt:	SSAN:
Profession:				Married / Single (circle)
Street Address:				Unit / Apt:
City:		State:		Zip Code + 4:
Phone Numbers	(W)	(H)	Cell:	
E-mail:				Fax:
Place of Birth (City)		State:		Country:

2. U.S. ARMED FORCES RESERVE AFFILIATION (check all that apply)

Military status (circle): Active Duty/AGR - Drilling Unit - IMA - IRR - Cadet/Midshipman				
() USAR	() USAFR	() USNR	Pay Entry Base Date:	
() USMCR	() USCGR	Dependants (circle): yes no	Rank/Grade:	
() ARNG	() ANG	Military Specialty:	MOS:	
Reserve Commission (circle): yes no			Commission Date:	
If a Cadet/Midshipman, where:			Commission Date:	
Unit:		Position held:		City, State:
Unit Commander:				Phone:
Unit Administrator:				Phone:
Administrator's E-Mail:				Unit Fax:

3. SIZES FOR GEAR ISSUE (circle)

T-Shirt	S	M	L	XL	Shorts	S	M	L	XL	When I learned about CIOR:
Singlet	S	M	L	XL	Swim Suit Size:					
Sweat Suit Jacket Size:						S	M	L	XL	How I learned:
Sweat Suit Pant Size:						S	M	L	XL	

4. RECRUITING

APPRAISAL OF PHYSICAL CONDITIONING AND MILITARY SKILLS ABILITY

For your application to be considered by the selection committee, all test data submitted must occur after 1 January of the year in which you are applying to participate. If you do not meet the performance standards indicated below, you may still submit an application for consideration to attend the training based upon your overall fitness levels and the availability of slots. However, the average candidate far exceeds the below standards and will improve by the start of the training assembly.

5. RUNNING ABILITY

a. 5-Mile Run (perform on standard running track)		5-Mile Run Minimum Standard <u>Male / Female</u> 32:00 / 37:30
Time:	Date:	
Timer's Name:		Signature:
Unit Commander:		Signature:
b. 400 Meter / 440-Yard Run (perform on standard running track)		400-M / 400-Yd Minimum Standard <u>Male / Female</u> 1:10 / 1:25
Time:	Date:	
Timer's Name:		Signature:
Unit Commander:		Signature:
c. 800 Meter / 880-Yard Run (perform on standard running track)		800-M / 880-Yd Minimum Standard <u>Male / Female</u> 2:30 / 3:00
Time:	Date:	
Timer's Name:		Signature:
Unit Commander:		Signature:

6. SWIMMING ABILITY

a. 50-Meter Swim or 50-Yd Swim				50-M Swim Minimum Standard <u>Male / Female</u> :35.00 / :40.00			
Distance Swam (circle one)							
50 Meters		50 Yards					
Length of Pool (circle one)				50-Yd Swim Minimum Standard <u>Male / Female</u> :32.00 / :36.00			
25 M	25 Yd	50 M	50 Yd				
Time:		Date:					
Timer's Name:				Signature:			
Unit Commander:				Signature:			
a. 100-Meter Swim or 100-Yd Swim				100-M Swim Minimum Standard <u>Male / Female</u> 1:20 / 1:30			
Distance Swam (circle one)							
100 Meters		100 Yards					
Length of Pool (circle one)				100-Yd Swim Minimum Standard <u>Male / Female</u> 1:14 / 1:22			
25 M	25 Yd	50 M	50 Yd				
Time:		Date:					
Timer's Name:				Signature:			
Unit Commander:				Signature:			

7. DYNAMIC STRENGTH			Minimum Standards	
Exercise	Reps	Date	Male	Female
a. Push-ups in 2 minutes:			75	50
b. Sit-ups in 2 minutes:			75	50
c. Pull-ups in 1 minute:			12	5
d. Dips in 1 minute:			20	5
Note: see Page 6, Para 15, for instructions on properly performing the above exercises				
8. MILITARY PHYSICAL FITNESS TEST RESULTS				
If your service does not have a standard physical fitness test, write N/A beside "Date Tested"				
Date Tested:		Location:		
Grader:		Phone:		
Test Events	Time or Number of Repetitions		Points	
Total Points: _____ Max Points: _____ Per cent of maximum score: _____ % (e.g., the Army PT test has 300 Max Points; thus, a score of 270 → 90%)				
9. MARKSMANSHIP QUALIFICATION AND EXPERIENCE				
a. Qualification Results				
Skill Level	Rifle		Pistol	
	(X)	Model	(X)	Model
Expert				
Sharpshooter				
Marksman				
Have not qualified				
Have not fired				
b. Competitive Marksmanship Experience				
If you are a competitive shooter, including CIOR, present your background and distinctions. Include all CIOR Official NATO Competition scores in both Rifle and Pistol:				

10. ORIENTEERING (LAND NAVIGATION) EXPERIENCE		(X)
No experience		
Some experience (explain):		
Competitive experience (explain):		
Note: Some Experience includes Ranger School, Special Operations Schools, ROTC Land Navigation or Officer Basic School/Course Land Navigation. Competitive Experience indicates CIOR and/or USOF-sanctioned Class A or Class B orienteering meets.		
Competitive Orienteers:		
Enter your past year's best Blue Course min/kilometer average:		min/k
If you are a nationally ranked orienteerer, enter current rank/class:		
11. CANDIDATE COMMENTS		
Provide any additional information you wish to be considered regarding your physical ability and skills:		
12. PRIOR PARTICIPANT INFORMATION (CIOR Veterans Only)		
a. Cadre and Staff Positions		
Enter the Cadre/Staff Position(s), in order of preference, that you would like to be considered for (refer to Cadre and Staff Job Openings on the website: http://uscior.army.mil/jobdescriptionstable.asp , else circle "N/A" → N/A		
(1)	(2)	(3)
Enter the earliest date you can report as a Cadre/Staff member:		
Enter the maximum tour length in days from the report date:		
b. Alternate Report Dates for Veterans		
I request Split Training (circle): yes no		Requested date(s):
Reason Split Training is required:		
For Split Training dates, refer to the training calendar on the website: http://uscior.army.mil/scheduled.asp		
Other requested report date(s) and/or tour length(s):		
13. GOALS		
<p>a. Novice (first-time participant): Indicate below why you are submitting an application, what you hope to accomplish, how this experience will benefit you and your unit, and what you plan to contribute.</p> <p>b. Veteran: Indicate below the benefits to you and your unit from your past experience, why you are returning, what you and your unit will gain, and what you plan to contribute.</p> <p>_____</p> <p>_____</p> <p>_____</p>		

14. COMPETITOR CANDIDATE BRIEF AND FULL-LENGTH PHOTOGRAPH

When the selection committee reviews your application, this is the first page the committee will see. It is a brief recapitulation of pertinent selection information from your application with a full-length photo.

Military Affiliation

Full Formal Name (First, MI, Last):

Rank: Service: Home city, State:

Military status (circle all that apply): Active Duty AGR Drilling Unit
IMA IRR Cadet SMP Cadet Midshipman Officer Candidate

Competitive Experience (circle)

Competitive Marksmanship Experience: yes no Level:

Competitive Orienteering Experience: yes no min/k Blue:

Date of Photo:

CIOR TRAINING EXPERIENCE		(X)	FULL-LENGTH PHOTO Trim and paste photo in this block. Photo requirement: recent (within 6 months) front-view photo in the standing position wearing your Service or Unit Physical Training (PT) Uniform (shorts and T-shirt) with running shoes. If your Service/Unit does not have a PT uniform, wear running shorts and T-shirt, or CIOR-issue blue shorts/grey T-shirt if you are a CIOR Veteran.	APPLICATION INFORMATION	
First Time					Swimming 50-Yd or 50-M
Former Experience				Running 880-Yd or 800-M 5-Mile Run	
PRIOR OFFICIAL CIOR MILITARY COMPETITION				Personal Data Age Ht (ft-in) Wt (lbs)	
None (Nov)				Veterans Only (circle) Split Training: yes no Staff Position yes no Desired Staff Position(s) 1 2	
1-3 Yrs (Exp)					
4 + Yrs (Vet)					
CIOR PRs (Veterans Only)					
Land "O" Time					
Water "O" Time					
Rifle Score					
Pistol Score					
5-Mile Run Time					
Orienteering Time					
Where:		m/k			
Active Duty/AGR, USAR IRR and Army ROTC (see Page 6, Para 20) (circle)					
Active Duty/AGR: My unit has agreed to fund my tour				yes	no
USAR IRR: I request AT orders for my tour				yes	no
Army ROTC: Cadet Command has agreed to fund my tour				yes	no
TRAINING GUIDANCE (circle)					
I have read the CIOR training guide on the Web site:				yes	no
http://uscior.army.mil/how to train.asp					

ADMINISTRATIVE INFORMATION AND INSTRUCTIONS

15. INSTRUCTIONS ON TESTING DYNAMIC STRENGTH

Push-ups: You may rest only in the up position and must keep 4 points of contact with the ground at all times. Fully lock elbows in the up position, and bend arm at elbow to 90 degrees or more in the down position.

Sit-ups: Must be bent knee. Hands must remain clasped behind the head and you must come up to at least a 90-degree position in the up position. Resting is allowed in the up position only.

Pull-ups: Must be done with palms facing away from the body. You must remain on the bar once you begin; dropping off terminates the exercise.

Dips: You may rest in the up or down position and must remain on the bar once you begin. Fully lock arms in the up position. In the lower position you must reach the full extent of your range of motion.

16. MEDICAL HISTORY AND EXAMINATION

Date of Last Military Physical: _____ Submit a copy of a current **SF Form 88 (Report of Medical History)** and **Form 93 (Report of Medical Examination)**. Note: If your physical becomes outdated—normally 5 years—before or during the period of CIOR training, you can not be issued orders. If you need a new physical, plan ahead. It must be completed at a military facility. Exceptions cannot be granted.

17. HIV TESTING

Date of Last Military HIV Test: _____ Army Reservist Soldiers must provide HIV test results from a military facility dated within 2 years of the last day of the CIOR OCONUS competition. Other services have different policies. Contact your Project Officer as this may affect your ability to receive CONUS/OCONUS orders.

18. PASSPORT INFORMATION

U.S. Citizen (circle): yes no	Other citizenship(s) held:
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U.S. Passport No:	Issue Date:	Exp Date:
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I do not have a passport, but submitted my passport application on _____ (date)

19. ANNUAL ANTI-TERRORIST TRAINING CERTIFICATE

Country Clearances are required for OCONUS travel. The CIOR staff at Ft Sam Houston will process your Country Clearance. To commence the process, you must first complete your annual DoD Level 1 Anti-Terrorist Annual Training. Log on to www.at-awareness.org (note: in the "Access Code" box on the web site, type in the word AWARE). Print and enclose your certificate with this application.

20. FUNDING

Drilling Reserve, IMA and IRR Service Members and SMP Cadets will receive Active Duty for Training (ADT) orders from their Project Officer. Except in rare cases, Active Duty/AGR members must be funded by their units for travel, per diem, and registration fees. USAR IRR Soldiers are also eligible to receive Annual Training (AT) orders for CIOR training. Non-SMP Army ROTC Cadets receive funding from Cadet Command.

a. Active Duty/AGR: My unit has agreed to fund my tour:	(circle)	
If "no", you may still apply and will be contacted after 15 March.	yes	no
b. USAR IRR: I request AT orders for my tour:	yes	no
c. Army ROTC (non-SMP): Cadet Command has agreed to fund my tour:	yes	no

21. MAILING YOUR APPLICATION

To assure accurate and timely processing, your application must include the documents listed below. An incomplete or late application will be returned without consideration. Send complete original application via U.S. Mail (not FedEx or UPS) to: **HQ USJFMSTC, ATTN: CIOR MILITARY COMPETITIONS, 2420 Liscum Rd, Bldg 133, Ft Sam Houston, TX 78234.** Due date and time is COB 15 March. Applications *may* be sent via fax, or e-mail (scanned) to meet the deadline provided you follow up with the original via U.S. Mail. **Fax: HQ USJFMSTC, (210) 221-1648; DSN 471-1648; e-mail: cior02@amedd.army.mil.** In addition, all non-Army Soldiers or Army Cadets must send a photocopy of their application to their respective CIOR Service Project Officer.

Check (✓)	(1)	Active duty request if not already on active duty:
	a.	USAR: DA Form 1058 (if AGR: DA Form 1610)
	b.	ARNG: (NA)
	c.	USAFR: AF Form 1289
	d.	USNR: (NA)
	e.	USMCR: (NA)
	f.	USCGR: CG Form 3453
	g.	ANG: (NA)
	(2)	Completed Skill Appraisal and Application
	(3)	Recent (within 6 months) full-length photograph in PT uniform.
	(4)	Medical History and Examination
	a.	SF Form 88 (Report of Medical History)
	b.	Form 93 (Report of Medical Examination).
	(5)	USAR only:
	a.	DA Form 7349 (Initial Medical Review)
	b.	HIV Test Results (must have been taken after 09 Jul 2004)
	(6)	Anti-Terrorism Level 1 Training Certificate
	(7)	Other information required by your Service Project Officer including HIV testing requirements required by your Service.

22. PRIVACY ACT ADVISORY STATEMENT

AUTHORITY: Title 10 U.S. Code, Sections 3012 and 3013:

Principal Purpose: To obtain information essential to pre qualify and contact prospects for CIOR training and competition.

Routine Uses: To identify applicants, document their qualifications, process applicants for TDY or ADT orders to attend, and to coordinate applications among the Armed Services.

Effect of Withholding Consent: Disclosure is voluntary; however, failure to provide the information requested may impede or prevent selection as a candidate.

23. POINTS OF CONTACT

CIOR Service Projects Officers listed at: <http://www.uscior.army.mil/poc.asp>